

Recipe: Chicken curry and rice

A simple chicken/cauliflower curry recipe that can be made in under an hour. If you're looking for a healthier version of a takeaway curry packed with veg and full of flavour with few ingredients, then try this!



Ingredients

- 6-8 chicken thighs/fillets or 1 cauliflower and a tin of chickpeas
- 1 onion and 2-4 garlic cloves (depending on taste)
- 3 tbsp vegetable oil
- Veg: ½ bag spinach/1 pepper/1 cup peas
- Spice mix: 1tbsp garam masala*, 1 tsp chilli powder* (if you like spice). Or if you don't have this you can use 1 tbsp of curry powder*
- 1 tbsp sugar and ½ tsp salt

Method

- Prepare, peel and chop the onion into fine pieces. Peel, squash and chop the garlic cloves. Rinse and chop any other veg you want to add.
- Add the oil to a medium-high heat deep pan, add the chicken or cauliflower and chickpeas, onion, spices and sugar. When the sugar has started to melt, add the rest of the ingredients.
- Add one final cup of water (around 250ml) and simmer for 30 min.
- Serve with rice and a garnish of coriander.

*Please note this food is or may contain one or more of the 14 common food allergens.



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